

In the specification

On page 1, please amend section entitled "Cross-Reference to Related Applications" as follows:

Cross-Reference to Related Applications

This application is a continuation-in-part of (1) U.S. Patent Application Serial No. 10/066,029, filed on January 31, 2002; and (2) U.S. Patent Application Serial No. 09/065,308, filed on April 23, 1998, which in turn, discloses subject matter entitled to the filing date of U.S. Provisional Application Serial No. 60/044,957, filed on April 26, 1997. Also, this application discloses subject matter entitled to the filing date of U.S. Provisional Application Serial No. \_\_\_\_\_ No. 60/489,196, filed on July 21, 2003—(via ~~U.S. Express Mail No. ET952289066US~~).

On page 5, please amend the paragraph that begins on line 4 as follows:

Optional left and right dampers 2170 are rotatably interconnected between frame member 2105 and intermediate portions of respective foot supporting members 2150. The arrangement is such that the dampers 2170 tend to resist ~~vertical~~ downward movement of the foot platforms 2155 without unduly interfering with "over center" rotation of the cranks 2120:

On page 8, please amend the paragraph that begins on line 16 as follows:

The exercise apparatus 2300 includes left and right cranks rotatably connected to a frame ~~2210~~ 2310 by means of a crank shaft and bearing assemblies. The cranks rotate about a crank axis D relative to the frame 2310. Each crank includes (1) a first crank arm having a distal end that is rotatably connected to a respective connector link 2330 at a connector link axis N; and (2) a second crank arm 2326 having a distal end that rotatably supports a respective roller or intermediate link 2360 at a roller axis R. A crank extension 2329 is rigidly interconnected between the distal end of the second crank arm 2326 and the distal end of the first crank arm to prevent interference between the parts during operation of the machine 2300. Various conventional inertial devices and/or resistance devices may be connected to the cranks (directly or indirectly) by means known in the art.

In the Drawing

Please accept substitute Figure 4L, where reference numeral 2329 has been substituted for reference numeral 232. A red ink drawing is also submitted to highlight the change being made.